



QUALIFIER WORKOUT

— 13MIN AMRAP —

Team Name:

Division Competing:

I. II. III. IV.

30 Calorie Row				
40 Wall Ball Shots				
50 Shoulder to Overhead				
60 Box Jumps				

Total Reps

QUICK GUIDE (Men/Women)

ELITE

Wall Ball @ 9/6kg

STOH @50/35kg

Box @60/50cm

SPORT

Wall Ball @ 9/6kg

STOH @40/30kg

Box @60/50cm

Sponsored By:

POWERDOT
Smart Muscle Stimulation